

Tortilla Roll-Up

Meal Components: Grains, Meat / Meat Alternate

Sandwiches, F-07

| Ingredients | 24 Servings | | 48 Servings | | Directions |
|---|-------------|--------------|----------------|--------------|---|
| | Weight | Measure | Weight | Measure | |
| Reduced fat Monterey Jack cheese, shredded | 12 oz | 3 cups | 1 lb 8 oz | 1 qt 2 cups | 1. Sprinkle 1 oz (¼ cup) of shredded cheese on each tortilla. |
| Enriched flour tortillas, 8-inch (at least 1.8 oz each) | | 12 each | | 24 each | |
| *Cooked chicken or turkey, chopped | 1 lb 10 oz | 1 qt 2 cups | 3 lb 4 oz | 3 qt | 2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 3 ½ oz (½ cup) of chicken or turkey mixture on tortilla. Roll tortilla like a jelly-roll. |
| Mild salsa, chunky | 14 1/4 oz | 1 1/2 cups | 1 lb 12 1/2 oz | 3 cups | |
| *Fresh onions, chopped | | 1 Tbsp 2 tsp | | 3 Tbsp 1 tsp | |
| OR | | OR | | OR | 3. Place 6 rolled tortillas in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 |
| Dehydrated onions | | 3/4 tsp | | 1 1/2 tsp | |
| *Fresh red bell pepper, seeded, minced (optional) | 2 oz | 1/2 cup | 4 oz | 1 cup | |

4. Bake: Conventional oven: 375°F for 15 minutes. Convection oven: 325°F for 15 minutes. CCP: Heat to 165°F or higher.
5. Cut each tortilla in half. CCP: Hold for hot service at 140°F or warmer. Portion is 1 roll up (½ filled tortilla).

Notes

*See Marketing Guide

Special Tips:

1. For a colorful topping, place 1 Tbsp lowfat yogurt, ½ oz shredded lettuce, and ½ oz diced tomatoes on each roll-up.
2. Attractive garnishes include fresh apple slices, grapes, and orange slices.

| Marketing Guide | | |
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| Food as Purchased for | 24 Servings | 24 Servings |
| Chicken, whole, without neck and giblets | 4 lb 9 oz | 8 lb 12 oz |
| OR | OR | OR |
| Turkey, whole, without neck and giblets | 3 lb 8 oz | 6 lb 12 oz |
| Mature onions | 1 oz | 2 oz |
| Red bell pepper (optional) | 3 oz | 6 oz |

| Serving | Yield | Volume |
|---|---------------------------|---------------------------------------|
| 1 roll-up (½ filled tortilla) provides 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread. | 24 Servings: 5 lb | 24 Servings: 24 half tortillas |
| | 48 Servings: 10 lb | 48 Servings: 48 half tortillas |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|--------|---------------|--------|
| Calories | 182 | Saturated Fat | 3 g | Iron | 2 mg |
| Protein | 15 g | Cholesterol | 36 mg | Calcium | 131 mg |
| Carbohydrate | 14 g | Vitamin A | 184 IU | Sodium | 286 mg |
| Total Fat | 7 g | Vitamin C | 1 mg | Dietary Fiber | 1 g |